

## Autumn 2011 Fitness Class Timetable

	MONDAY		TUESDAY		WEDNESDAY		THURSDAY	FRIDAY	
9.30 am	<b>Step Blast</b> Beg 30 min		<b>Pilates</b> (prepaid course) All levels		<b>Kettlebells</b> Beg 30 min				
10.00 am	<b>Kettlebells Circuit</b> Beg 60 min	<b>Cycling</b> Inter 45 min	<b>Spin n Abs</b> Inter 45 min		<b>Step n Tone</b> Inter 60 min	<b>Spin n Strength</b> Inter / Adv 45 min	<b>Swiss Ball</b> Inter 60 min	<b>Spin n Strength</b> Inter 45 min	<b>Body Strength</b> Inter 45 min
11.00 am	<b>Aqua Fit</b> All Levels 45 min		<b>Aqua Fit</b> All Levels 45 min		<b>Aqua Fit</b> All Levels 45 min			<b>11.15 Aqua Fit</b> All Levels 45 min	
4.30 pm	<b>Kids Sports</b> (6 – 10 yrs) 45 min				<b>Kids Sports</b> (6 – 10 yrs) 45 min			<b>Kids Sports</b> (6 – 10 yrs) 45 min	
6.00 pm	<b>Zumba</b> (prepaid course)		<b>Kids Kickboxing</b> (prepaid course)	<b>Yoga</b> (prepaid course) <b>Beginners</b>	<b>6.30 pm Circuit Training</b> Beg / Inter 60 min		<b>Kids Kickboxing</b> (prepaid course)	<b>Step Blast</b> Beginners 45 min	
7.00 pm	<b>Spin n Strength</b> Beg / Inter 60 min	<b>7.30 Belly dancing</b> (prepaid course) <b>Beginners</b>	<b>30 Step / 30 Kettlebells</b> Beginners 60 min	<b>7.15 Adults Kickboxing</b> (prepaid course)	<b>7.30 Pilates</b> (prepaid course) All levels		<b>Spin n Core</b> All Levels 45 min		
8.00 pm	<b>Aqua Fit</b> All Levels 45 min	<b>8.15 Belly dancing</b> (prepaid course) <b>Improvers</b>	<b>8.15 Yoga</b> (prepaid course) <b>Improvers</b>		<b>Aqua Fit</b> All Levels 45 min		<b>7.30 Adults Kickboxing</b> (prepaid course)		

Please ensure you have a sweat towel and drink with you when attending a fitness class. Suitable workout attire is required by all members and guest attending a class. Please contact the Reception Desk at least one hour before class to book your place, max booking 48 hours in advance on 046 9482117. Class times and format are subject to change without prior notice. Minimum of 3 participants per class

**Step Blast / Step n Tone / Step n Abs:** Excellent cardio class, which puts you to the challenge and improves your fitness levels, increasing muscle tone and promoting weight loss. “Abs” specially designed to target those tummy muscles, helping to strengthen your core

**Indoor Cycling / Spin n Abs / Spin n Core / Spin n Strength:** This class will get you fit!! Intense cardio workout on a special stationary bike, great for all levels of fitness. Added bonus of Abs or Core exercises to complete your overall workout

**Kettlebell:** A kettlebell is hand held weight. Kettlebells movements train the whole body, from the core to the bigger outer body muscles. Kettlebell training also trains your heart and lungs. Kettlebell training is one of the best ways to burn lots of calories. Because you use lots of muscle groups at the one time, you only need to spend a short amount of time during each session!

**Swiss Ball n B.L.T. (Bum, Legs and Tummies):** Do you want lean legs and bums of steel? Look no further than B.L.T. This class is guaranteed to tone and firm everything below the belt. Includes Swiss Ball which works for postural and core muscles with every exercise

**Aqua Fit:** A cardio fitness class in our luxurious pool. Specific aerobic moves along to music using the water as resistance, a low impact class suitable for all levels, a fun class for all

**Body Strength / TBC / Bootcamp:** Body Strength for accelerated results! Our Body Strength is for you if you are looking to make improvements in your overall physical appearance and well-being, if you want to feel more energized, look and feel more confident about yourself. This is the class for you!!

Last updated October 2011